

Crisp Coaching PUMPKIN SEEDS

Easy, healthy, and delicious



Ingredients

Pumpkin Seeds

1 Pumpkin
Olive Oil
Seasoning of Choice
Suggestions: Salt, chili powder, or
paprika

Instructions

- Heat oven to 325
- While the oven heats, cut the top off of your pumpkin. Scoop out the insides and separate the seeds out.
- Place seeds on a parchment paper covered baking sheet
- Lightly coat seeds in oil. I like to use the spray oil
- cover seeds with seasoning
- Bake for 20-25 minutes